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# COMMUNITY BUILDING ACTIVITIES



## Stepping Stones

### Items Needed:

- Paper or Carpet squares equaling 1 less than the number of participants (there can be more than 1 group)

### Overview of Activity:

The team must travel through the imaginary swamp course as one unit and all members of the group must remain off the ground at all times. What makes this a fun classic is that as they lose allocated stepping stones they need to share what they have and this required even more coordination. The goal is to get the entire group from one area of the room to the other. The team will be confronted with many challenges during this exercise mainly from the dynamics of their team. However, we have included a few extra, including:

- Members of the team must travel on stepping stones
- Must navigate quickest route
- If they lose contact with a stepping stone they lose it as a resource

### Some Debriefing Questions:

Did you allocate roles?

Did you plan?

Did you clarify the rules?

Did everyone feel that they were involved?

Did communication work for the group? Could it have been improved?

Did anyone have the clearer picture?

How was time managed?

How did you solve it as a team?

## Traffic Jam

### Process:

Use duct tape (or masking tape) to make a starting pattern on the floor.

Have the participants stand in the boxes of the pattern: half of the group faces right, half of the group faces left.

Explain the task: Using only legal rules, people on the left side must end up on the right side and the people on the right must end up on the left.

### Legal Moves

A person may move into an empty space in front of them.

A person may move around a person who is facing them into an empty space.

### You CANNOT:

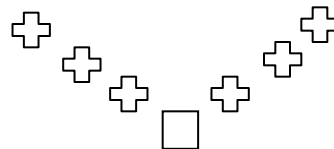
Move backwards.

Move around someone facing the same way you are.

Make any move which involves two people moving at once.

After the task is completed, ask the team/group if they can complete it again in half the time.

If the team is particularly adept at this exercise and has successfully completed the task, ask them to complete the task while holding their breath. Allow them to appoint a coach who may breathe while assisting the team.





## Human Knot Game

### Setup

This game is versatile in that multiple group sizes can play. Form groups of about 10 people each. Have each group standing, facing towards each other, in a circle. Each person should be standing shoulder to shoulder. First, instruct everyone to lift their left hand and reach across to take the hand of someone standing across the circle. Next, have everyone lift their right and reach across to take the hand of another person standing across the circle. Make sure that no one is holding hands with someone standing directly beside the person.

### How to Play the Human Knot Game

To play, the groups must communicate and figure out how to untangle the knot (forming a circle of people) without ever letting go of any hands. If you wish, this icebreaker can be played competitively, in which the facilitator says "Ready.. Set.. Go!" and has all the groups race to become the first group to finish. If any group member lets go of a hand (breaks the chain), then the group must start from the beginning, or you could impose a penalty/punishment for that person (e.g. wear a blindfold).

This game typically takes 15-30 minutes to complete. You can impose a time limit if you wish to make the game more challenging. When you are done with the Human Knot activity, you can ask some debrief questions if you wish, such as "How well did you group work together? What strategies did your group adopt? How did it feel to solve the game?" etc.

### Variations

To increase the difficulty level, you can either (1) blindfold some of the players or (2) require that the game be played silently (no talking).

## Bigger and Better

### Instructions:

How is it possible to turn a paper clip into a guitar, laundry machine, bicycle, or other huge objects like a yacht? Through a team-building activity called Bigger and Better! Split the teams into groups of two to ten, depending on the size of your overall group. Distribute paper clips (or some other small object) to each group. Clearly indicate the time limit for this activity (e.g. 2-3 hours), and let them go off to trade. The goal is to come back with the biggest, best, most creative object after a series of trading and upgrading. When the time expires, everyone reconvenes at a predefined location for the show-and-tell and judging process.

Judges choose the best items on various criteria: size, value, creativity, and overall best. This game has benefits of having team members work together and think creatively on how to upgrade their items. Camaraderie is gained through this fun process – enjoy!



# **SERVICE-LEARNING ACTIVITIES**

A hand holding a small globe with a pink rose on it. The globe is positioned in the center of the image, and the hand is cupped around it. The rose is a vibrant pink color and is placed on top of the globe. The background is a soft, out-of-focus light blue and white.

## Types of Volunteer Opportunities

- Have participants bring an item to be donated to the local food pantry.
- Have games/activities in which money raised will be donated to a charity
- Have participants bring items to be included in military care packages
- Have volunteers pick-up individuals at assisted living homes/nursing homes/hospitals

**Volunteering is about giving back to the community, understanding a bit more about your place in the community, sharing expertise to help with unique projects, gaining new experiences, and acquiring new skills.**

**Volunteering is offering your time and mind to help others while learning a little bit about yourself.**



# **MATERIALS FOR DISPLAY**



**North Dakota ranks #1 in  
the nation for binge drinking  
(ages 12 and older)**

North  
Dakota  
32.6%

United  
States  
23.3%

**Binge Alcohol Use in Past Month - ages 12+**  
(NSDUH, 2008)

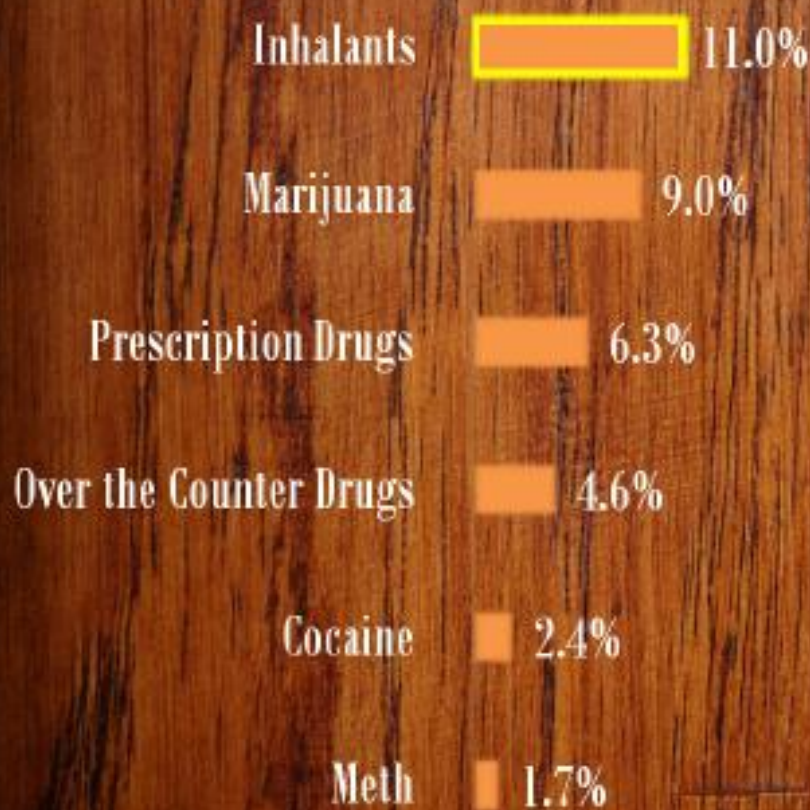


# North Dakota... Take A Closer Look.

- ◆ Underage drinking costs the citizens of ND \$141 million
- ◆ Almost half of all arrests are alcohol and drug related
- ◆ 25% of all adult arrests are DUIs
- ◆  $\frac{3}{4}$  of incarcerated individuals have a substance abuse diagnosis
- ◆ 55 lives were taken in alcohol related crashes last year
- ◆ Alcohol is a contributing factor in 35% of domestic violence cases
- ◆ Alcohol is the primary drug of choice reported by clients participating in treatment at ND Human Service Centers

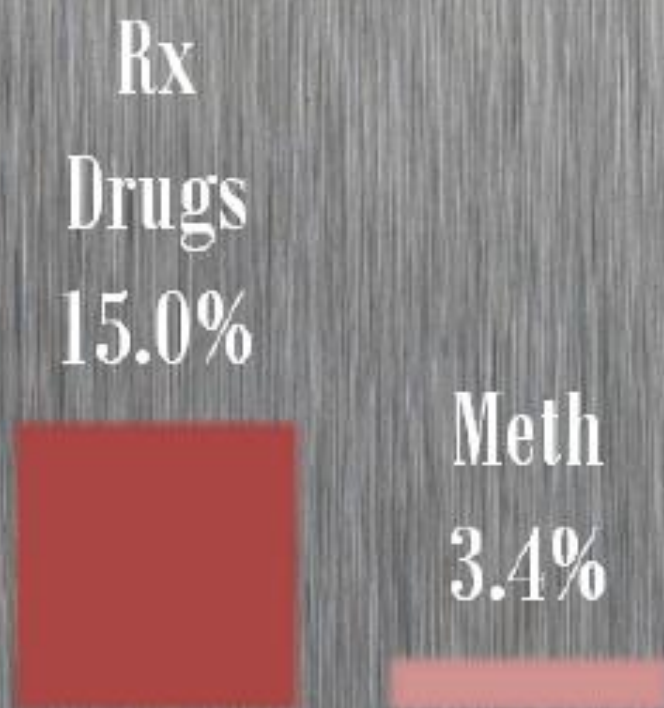


**After alcohol, inhalants  
are the most commonly  
abused drug among  
middle school students**



Middle school students  
(YRBS, 2009)

**Prescription (Rx)  
drugs are abused 5 times  
more than meth among ND  
high school students**



**High school students**  
(YRBS, 2009)



**Sometimes it's hard not to drink when your friends are all drinking – but not drinking alcohol is YOUR CHOICE.**

**Good friends will respect your choice.**

**Need to give them a reason?**

**TRY:**

I'm starting to feel sick and think I  
should go home.

**Let's go ride bike  
instead.**

I was just on my way out.

**live your no**

You have to be kidding, that  
is gross.

**I have basketball  
practice tomorrow  
morning.**

I got a new video  
game, let's play that.



## Positive prevention statements

(CRS, 2008)

- ✓ 96% of ND community members surveyed believe it is not okay for youth to drink at parties as long as they don't get drunk.
- ✓ 99% of ND community members surveyed believe it is not okay for parents to offer alcoholic beverages in their home to youth (other than their own).
- ✓ 90% of ND community members surveyed believe it is not okay for parents to offer their youth alcoholic beverages in their home.
- ✓ 98% of ND community members believe that driving under the influence of drugs and/or alcohol is not okay.
- ✓ Of those surveyed, 92% of ND community members believe it is possible to reduce alcohol and drug problems through prevention.
- ✓ 93% of ND community members surveyed believe that alcohol and other drug prevention programs are a good investment because they save lives and money.
- ✓ 88% of ND community members believe that the community has the responsibility to set up prevention programs to help people avoid alcohol and other drug problems.
- ✓ 97% of ND community members surveyed support penalties for adults who provide alcohol to youth.
- ✓ Of the individuals surveyed, 97% of ND community members support compliance checks (used to identify alcohol establishments that sell alcohol to underage youth).
- ✓ 97% of ND community members surveyed agree that preventing alcohol and other drug use among youth is important.
- ✓ 90% of ND community members that were surveyed agree that alcohol and drug free youth can be best achieved by educating parents, community, and youth themselves.



# **YOUTH HANDOUTS & INFORMATION**

# live your no

Don't be shy to say no! Sometimes kids feel it's hard to say no to alcohol - even to a best friend. If anyone offers you a drink, be prepared with your "no". That way you won't feel pressured to think one up on the spot! Below are some ideas on how to say no. Make sure all the words fit and are only used once!

thank  
movie  
gross  
practice  
parents  
not  
thirsty  
game  
bad idea  
grounded  
bike  
stupid  
study  
sick  
kicked off



## Across

2. I'm starting to feel \_\_\_\_\_ and think I should go home.
5. No \_\_\_\_\_ you!
6. Let's go ride \_\_\_\_\_ instead.
8. I have basketball \_\_\_\_\_ tomorrow morning.
9. No! If I do that, I would get \_\_\_\_\_ for weeks.
10. How about we watch a \_\_\_\_\_ instead.
11. My \_\_\_\_\_ would be mad at me.
14. Nah, I'm not \_\_\_\_\_.

## Down

1. That stuff is \_\_\_\_\_.
3. I'd get \_\_\_\_\_ the team if I was caught with this stuff.
4. You have to be kidding, that is \_\_\_\_\_.
7. Well, I think that's a \_\_\_\_\_, so I'm going home.
9. I got a new video \_\_\_\_\_ let's play that.
12. I would rather \_\_\_\_\_.
13. I have to \_\_\_\_\_ for a test.





# UNDERAGE DRINKING LAWS

Even if you are under 18,  
you can be held liable and face charges.

If you are convicted of an alcohol-related offense:

Your driver's license may be cancelled

You may lose college scholarships

You may be disqualified from applying  
for federal student loans

Your parents may be financially and legally  
responsible for your behavior

## DRIVING UNDER THE INFLUENCE (DUI) OR ACTUAL PHYSICAL CONTROL (APC)

If you are under 18, any alcohol related offense will result in referral to Juvenile Court. If you are charged with DUI or APC of a motor vehicle, here's what you can expect for even a first offense:

- If you are under age 18 your driver's license will be cancelled. You will be required to pay court fees, fines, attend a driver's safety program and alcohol evaluation. You may be put on probation for up to 1 year, have a court-ordered curfew, and have community service.
- If you are age 16-18 the case could be transferred to adult court and be subject to the same criminal penalties as adults.
- If you are age 18-20 and have a Blood Alcohol Content (BAC) of .02 or greater (zero tolerance) your driver's license will be suspended for 91 days and 1st offense DUI/APC is a B-Misdemeanor, with a maximum penalty of 30 days in jail, a fine of \$1,000, or both.

SOMETIMES IT'S HARD NOT TO DRINK  
WHEN YOUR FRIENDS ARE ALL DRINKING  
- BUT NOT DRINKING ALCOHOL IS  
**YOUR CHOICE.**

GOOD FRIENDS WILL RESPECT YOUR CHOICE.  
NEED TO GIVE THEM A REASON?

**TRY:**

I'M DRIVING.

I HAVE TO WORK IN THE MORNING.

I WAS JUST ON MY WAY OUT.

I HAVE A GAME/MEET TOMORROW.

MY PARENTS ARE WAITING UP FOR ME.

**NO THANKS.**

LEARN<sup>THE</sup>  
FACTS

## ALCOHOL OFFENSES

Everyone knows it's illegal to buy or drink alcohol if you are under 21. But, did you know that even if you are under 18, you can be arrested for:

- Attempting to purchase alcohol;
- Purchasing alcohol;
- Providing alcohol to someone under 21;
- Using a fake ID to purchase alcohol.

Generally, these offenses are handled through juvenile court, where you may be required to pay for and attend alcohol educational classes, ordered to do community service, or have a court-ordered curfew.

If you are 16 or older, your case may be transferred to adult court where you can be fined and jailed.



# what's Your NO?

Making healthy choices is easy when you "Live Your No". Here are a few ideas of what your "No" might be: rollerblading, reading, or basketball. Draw your "No" on the space provided below!

## hey parents!

Take a real life photo of your child living his/her "NO" and submit it to [ndprmc@nd.gov](mailto:ndprmc@nd.gov) for your chance to be featured on our website and next year's activity book!



# **PARENT/ADULT HANDOUTS & INFORMATION**



# Parents... Take A Closer Look.

## How do you model alcohol use to your teenagers?



Certain attitudes and behaviors may make alcohol more appealing to your teenager. The following brief self-assessment worksheet could help you see what type of messages you are sending to your teen about alcohol.



*Check the appropriate box for each question:*

OFTEN	SOMETIMES	NEVER	
			Do you make lighthearted or joking comments about other people's heavy drinking? (i.e. "He's got a hollow leg," or "She holds her liquor well!")
			Do you tell funny or glorified stories about you or your friends' drinking antics when you were younger?
			Do you ask your child to get you a drink from the fridge?
			Do you wear t-shirts, baseball caps, etc. that advertise or promote drinking and/or specific brands of alcohol?
			When watching television with your child, do you laugh at scenes where alcohol is being abused?
			Do you see (and communicate this view to your child) drinking as a rite of passage for teenagers that can't be avoided?
			Do you host adult social gatherings at your home where alcoholic beverages are the only drinks served and/or where drinking is the central focus of the gathering?
			Do you assume that alcohol is a necessary part of any celebration or social gathering?
			Do you model using alcohol as a stress reduction tool? (i.e. comments like "I've had a long day, I need a drink!")
			Do you offer alcohol to your teen as a "special treat" for celebrations, family gatherings, etc.?
			Do you host parties at your house where alcohol is served or available to teens?
			Does your child observe you drinking more than 2 or 3 drinks on any one occasion?

If you answered "often" or "sometimes" two or more times, you might be unintentionally sending mixed messages to your child.

Your children look to you for guidance, so continue providing clear and consistent messages to your children about the dangers of early and high-risk alcohol use.



## Behavioral Changes

- School problems, poor attendance, low grades, and/or recent disciplinary action
- Rebelling against family rules
- Switching friends, along with a reluctance to let you get to know the new friends
- Sloppy appearance
- A lack of involvement in former interests

## Emotional Changes

- Mood changes, flare-ups, irritability, and defensiveness
- A "nothing matters" attitude

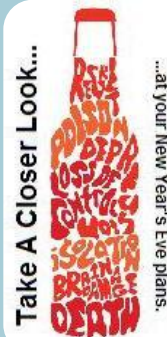
## Mental Changes

- Memory lapses
- Poor concentration

## Physical Changes

- Low energy
- Bloodshot eyes
- Lack of coordination
- Slurred speech

# SIGNS OF UNDERAGE ALCOHOL USE



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44% of North Dakota middle school students and 73% of North Dakota high school students have had at least one drink of alcohol sometime in their life

(YRBS, 2009)

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# Set Clear Rules about Alcohol

## Be Specific

- Tell your children what the law is, what your household rules are, and what behavior you expect. For example, "Alcohol is for adults. Do not drink alcohol until you are 21. Our family follows the law."



## Be Consistent

- Be sure your children understand that the rules are maintained at all times, and that the rules hold true even at other people's houses. Follow your own rules.



## Be Reasonable

- Don't change the rules in mid-stream or add new consequences without talking to your children. Avoid unrealistic threats.



## Recognize Good Behavior

- Always let your children know how pleased you are when they respect the rules of the household.



## Put it Into Practice

- Write out your most important family rules and post them clearly where they are seen often by everyone in the family. Then review the rules regularly with your family on your child's birthday or at the beginning of the school year.

## PARENTS

Every year, parents struggle with the idea of their teens attending prom and graduation parties where there may be alcohol.

High school graduation is the beginning of the next stage of your child's life—and there are many life experiences for you still to share: college, athletics, career, weddings and grandchildren.

Underage drinking can destroy those dreams.

Your teen still needs your support and guidance—please don't encourage underage drinking.

# NORTH DAKOTA'S "SOCIAL HOST" AND UNDERAGE DRINKING LAWS

LEARN THE FACTS

The legal drinking age is 21.

It is illegal to give alcohol to your own children if they are under 21.

It is illegal to provide alcohol to underage guests or to allow them to drink alcohol in your home or on your property.

Taking the car keys from underage guests might stop drunk driving but doesn't make it okay for them to drink. It doesn't prevent fights, stop sexual assault, theft, property damage...

If an underage guest becomes very ill or dies from alcohol poisoning, you can be charged with a crime.

You will have to face that child's parents.

If you rent a hotel room for your teens to hold a party and alcohol is involved, you could be held responsible for anything that happens.

An alcohol-related conviction can result in a student losing college scholarships or being disqualified from federal student loans.

## CRIMINAL PENALTIES

If you knowingly provide alcohol to underage individuals, you are committing a crime for which you can be fined and jailed.

## CIVIL LIABILITY

If you host a party at which there is alcohol, your responsibility and liability don't end when the party ends.

In addition to criminal penalties, under North Dakota's "social host" laws, you can be held liable for damages or injuries that an underage guest causes while under the influence of alcohol.

For example, if an underage drinker leaves the party and gets into a traffic accident causing injury to another person, the injured person can sue you. If the injured person dies, the family can sue.

If you are sued, it may be up to a jury to decide how much you will have to pay.

And, if you knowingly broke the law, you most likely will not be covered by your homeowner's insurance policy.

## ALCOHOL OFFENSES

Individuals under age 18 may be charged in juvenile court. For those over 18, the penalties are:

- Under 21 purchasing or attempting to purchase alcohol: B-Misdemeanor
- Using fake ID to purchase alcohol: B-Misdemeanor
- Minor in Possession (caught with alcohol): B-Misdemeanor prior to 8:00 am on 21st birthday
- Minor in Consumption B-Misdemeanor prior to 8:00 am on 21st birthday
- Contributing to the Delinquency of a Minor (providing alcohol to a person under 18): A-Misdemeanor
- Delivery of Alcohol (providing alcohol to age 18-20): A-Misdemeanor
- Driving Under the Influence/Actual Physical Control: Administrative and criminal penalties. Those under 18 may have driver's license canceled. 18-20 with BAC (Blood Alcohol Content) of .02 or greater (zero tolerance) is 91 days suspension and 1st offense DUI/APC is a B-Misdemeanor

## Definition of Criminal Offenses

**A-Misdemeanor:** Maximum penalty is one year imprisonment, a fine of \$2,000 or both

**B-Misdemeanor:** Maximum penalty is 30 days imprisonment, a fine of \$1,000 or both







# Environmental Prevention Strategies for Underage Drinking

## Media:

1. Educate the community through **mass media campaigns targeting community norms** related to underage drinking.
2. Use **counter marketing/counter advertising** to disseminate information about the hazards of underage drinking.
3. **Display notices or warnings in alcohol establishments** and public places that give information about the legal, social and health effects of alcohol use.
4. Use **mass media to advance public policy** initiatives or messages through PSAs, letters to the editor, and press events.
5. **Build the skills of parents, community members and youth** to analyze and evaluate messages presented in the media.

## Policy:

1. **Create or enforce policies regarding the advertisement** of alcoholic beverages aimed at underage drinking.
2. **Prohibit access** to alcohol by youth at public events.
3. **Restrict availability** of alcohol in public places by enforcing open container laws and enforcing restrictions on the hours and places of sale.
4. **Ban alcohol advertising and sponsorship at public events** targeting young people and their families.
5. Install and use **driver's license scanners** in all alcohol retailers in the community
6. Examine **creating policies that restrict alcohol sales** in specific areas of a retail establishment, away from the products traditionally associated with youth and not at the counter in single containers.

Everyone can play a role in reducing the use of alcohol by youth under 21 by using the following environmental strategies:

- Limit the access of alcohol to youth
- Create clear, consistent no-use messages in each community
- Implement evidence-based programs and practices in our school and community settings
- Partner with state and local key stakeholders to address the issues related to underage drinking